

Your responsibility!

Every child has rights but you also have responsibilities which go hand-in-hand with these: .

Your responsibilities are:

- To give of your best at all times.
- To learn.
- To look after yourself.
- To show respect.
- To listen to others.
- Not to hurt or bully anyone.
- To look after the environment.
- To respect other people's property.



Who can help me?

Remember to share your feelings / worries with someone you trust.

- ⇒ Member of your family
- ⇒ Teacher/LSA/Headteacher

Phone numbers to remember!

Childline

Free 24 hour advice line:

0800 11 11

www.childline.org.uk

NSPCC

Free 24 hour advice line:

0808 800 5000

www.nspcc.org.uk

Samaritans

08457 90 90 90

e-mail: jo@samaritans.org

www.samaritans.org.uk

Pembrokeshire Child Protection

08708 509 508

Police

999



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How do I keep
safe?



**Information
for children.**

You have the right!

Every child and young person has the right to enjoy life.

You have the right to grow up healthy and fit within your family and community.

When things go wrong in your life, you have the right to share your feelings and to ask for help.

This pamphlet gives you information on what to do if something is bothering you or you need to speak to someone.

You have the right to be safe when using the internet:



- Don't speak to strangers
- Don't give out personal information

~~Pictures~~

~~Address~~

~~Arrange to meet~~

~~Age~~

~~Full name~~

Every child should feel...



But sometimes...

For some children and young people, things can go wrong in their lives, such as:

- ♦ getting treated badly by an adult.
- ♦ getting threatened or feeling lonely and scared.
- ♦ not getting the care that you should.
- ♦ Being worried because your parents are always falling out.
- ♦ Doing things that you're not happy doing / not supposed to do.



What should I do?

If you are feeling sad or that things are not right at home or in school —

Remember to talk to someone you can trust.

SHARE YOUR FEELINGS

Remember to:

- ♦ **ask for help**
- ♦ **share your feelings**
- ♦ **share your worries / problems**

- ♦ **Do not:**
 - ♦ **keep things to yourself**
 - ♦ **be scared**
 - ♦ **get bullied**